

# Symptom Self-Management

## Springhill Hospice

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**Complaints** – if you have a problem or complaint, this should be made in writing to the Chief Executive, Springhill Hospice, at the address above.

**Incorporated as a Company Limited by Guarantee**  
No 2325905  
Registered Charity No 701798



**COMMUNITY SESSIONS**

# SYMPTOM SELF-MANAGEMENT SUPPORT SESSIONS

Self-management strategies can help you to take control of your symptoms and enable you to develop new skills to manage the impact of your condition on your life and that of your family.

We are piloting a programme of 8 sessions. There will be a maximum of 8 patients in 90-minute sessions facilitated by a Registered General Nurse and co-facilitated by a Nursing Assistant.

Sessions are held on Mondays at various locations around Heywood, Middleton & Rochdale.

For further information or to book a session, please contact us on 01706 649920 or by email: [daytherapies@springhill.org.uk](mailto:daytherapies@springhill.org.uk)

## **FATIGUE MANAGEMENT** aims to help you understand:

What is fatigue?

The causes of fatigue.

Managing and living with fatigue.

Followed by an optional short relaxation session.

## **ANXIETY MANAGEMENT** aims to help you understand:

What is anxiety?

Strategies to help you cope with anxiety,

Followed by an optional 5 minute breathing meditation.

## **BREATHLESSNESS MANAGEMENT** aims to help you understand:

What is breathlessness?

Causes of breathlessness.

Helpful management strategies.

Followed by an optional short relaxation session.

## **SLEEP MANAGEMENT** aims to help you understand:

Why we sleep.

Different types of sleep.

Help for better sleep.

## **PAIN MANAGEMENT** aims to help you understand:

Your pain and how it affects you.

Strategies to help you manage your pain, support network and non-drug treatments.

## **FALLS PREVENTION AND IMPORTANCE OF STAYING ACTIVE** aims to help you understand:

Ways to reduce your risk of falling.

Advice on staying active, stamina, flexibility, balance, and exercise.

## **GASTROINTESTINAL PROBLEMS AND NUTRITION** aims to help you understand:

The importance of a healthy diet.

Common symptoms associated with eating and digestion and how to manage them.

## **PLANNING FOR YOUR FUTURE** aims to help you understand:

How to take control of your future;

Communicate with your medical team and your family;

Express your views, preferences and wishes about your future care;

Look at your values and what is important to you.

We can provide information regarding advance care planning.